

## The Unique Collision of Drugs and Depression

Andrea "Noble" Erickson will help people understand the complex problems faced by adolescents dealing with substance use. The unique collision of drugs and depression in the adolescent brain can create chaos for them and their loved ones. Understanding the biological, psychological and social aspects of teen drug use can help kids and their families find effective prevention and intervention strategies.

Loc: Old Redmond Schoolhouse Community Center Room 103  
Age: 18+ yrs..... Fee: Free  
38226 Sat Sep 10 10am-12pm

## Special Events

### RSC-Candlelight Dinner Dance

Back by popular demand - a newly improved and more elegant event. Fee includes delicious holiday dinner and dancing to our favorite band The Sophisticated Swing Big Band. Register by calling the Redmond Senior Center at 425-556-2314.

Loc: Senior Center  
Age: 50+ yrs..... Fee: \$30  
34138 Wed Dec 7 6-10pm

### RSC-Open House

Come learn all about the Redmond Senior Center (RSC). Participate in live demonstrations of our exercise and fitness classes, view displays and presentations from all of our programs and hear all about the fun activities that you can join. Bring your family and friends - free to everyone.

Loc: Senior Center Computer Corner  
Age: 18+ yrs..... Fee: Free  
34130 Sat Sep 10 10am-1pm

## HOW TO READ CLASS INFORMATION

Class #	Class Days	Date	Class Time
30569	Fri	Apr 23	4:10-5:30pm

**Adult Trail Ride**

This program is designed for the recently experienced adult horsemen. The trail ride through the forest at Farrel-McWhirter is unique and invigorating.

Loc: Farrel-McWhirter Park Barn

Age: 18 + yrs..... Fee: \$35S/\$35R/\$42N

Senior Fee: ..... Resident Fee: ..... Non-Resident Fee: .....

## RSC-First Friday Coffee Chats

Have you ever wondered, "Why does the City do that?" First Friday Coffee Chats featuring a different City official each month. Designed to be informal discussions with lots of time for questions, you are sure to learn something new. Free refreshments sponsored by Aégis of Redmond.

Loc: Senior Center Fireplace Lounge  
Age: 50+ yrs..... Fee: Free  
34253 Fri Sep 2 10-11am  
Jim Bove, Police, Community Info  
34254 Fri Oct 7 10-11am  
Joshua Heim, Arts Administrator  
34255 Fri Nov 4 10-11am  
Sandra Benttencourt, Recreation Division Mgr  
34256 Fri Dec 2 10-11am  
Rebecca Borker, Wastewater Ops Supervisor

## RSC-Holiday Craft Market

The holidays are fast approaching, time to plan for our annual Craft Bazaar. Featured are a wide variety of handcrafted items made by local artists, and door prizes. Join the fun and get an early start on your holiday shopping! Call 425-556-2314 for more information or to have a registration packet sent to you. Registration opens to Redmond seniors on Oct 5, Non-Redmond seniors Oct 12, Redmond residents under age 50 Oct 19 and all others Oct 26.

Loc: Senior Center Dining Room (Meeting Room)  
Age: 18+ yrs..... Fee: \$16S/\$18R/\$18N  
34137 Sat Dec 3 12-6pm

## Dog Obedience

Sandy Dain is a graduate of the Dog Trainer Program at the Karen Pryor Academy for Animal Training and Behavior. She is also certified as a Canine Good Citizen Evaluator for the AKC and is a professional member of the Association of Pet Dog Trainers. The training techniques Sandy uses are recommended by the American Veterinary Society of Animal Behavior and are often referred to as positive reinforcement based training or positive training. To learn more visit [www.mettrain.com](http://www.mettrain.com)

### Dog Obedience - Basic Manners

Does your adult dog behave perfectly in the kitchen, but forget his manners once he walks out the front door? Set you and your best friend up for success and have fun in the process; enroll in Basic Manners! Learn to teach your dog to give you attention, greet people politely, sit, lie down, stay, come when called and walk nicely on a leash. Information will also be available to help deal with various problem behaviors. Designed for dogs over 7 months old and current on vaccinations. Children 8-15 years must be accompanied by an adult (fee is per dog). First class is mandatory and for humans only!

Instr: Metamorphosis Pet Training

Loc: Old Fire House Teen Center Show Room

Age: 8+ yrs and parent..... Fee: \$150R/\$180N  
38153 Mon Sep 19-Oct 24 6:30-7:30pm

